

High Uric Acid and Diet

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High uric acid level: What does it mean?

Uric acid is a waste product formed from the breakdown (metabolism) of substances in food called purines.

Most of the uric acid made by body dissolves in blood and passes through kidneys into urine.

However, sometimes body either produces too much or excretes too little uric acid.

Causes of high uric acid levels

- Obesity
- Diets high in purines
- Certain medications, including low-dose aspirin, diuretics and some high blood pressure drugs
- Certain diseases that have a high cell turnover rate, such as leukemia, lymphoma or psoriasis

If untreated, it can lead to:

- Gout
- Uric acid stones in the urinary tract
- Deposits of uric acid in the kidneys (uric acid nephropathy)
- Deposits of uric acid in the soft tissue (tophi)

It is important to note that high uric acid levels are also associated with an increased risk of heart disease.

A Study

- Study participants who consumed the highest amount of meat were 40 percent more likely to have gout than those who ate the least amount of meat.
- Study participants who ate the most seafood were 50 percent more likely to have gout.

No increased risk associated with:

- peas
- beans
- mushrooms
- cauliflower
- spinach
- low-fat dairy products (it decreases the risk)

Foods Higher In Purines

High

- hearts
- sea fish
- mussels
- yeast
- sweetbreads

Moderate

- mutton
- veal
- liver
- fresh water fish
- kidneys
- partridge
- trout
- pheasant

What Should You Eat?

General Rule

- Diets high in complex carbohydrates (fiber-rich whole grains, fruits, and vegetables)
- Diets low in protein (15% of calories and sources should be soy, lean meats, or poultry)
- No more than 30% of calories in fat (with only 10% animal fats)

What Should You Eat?

Specific Foods

- Fresh cherries, strawberries, and other red-blue berries
- Bananas
- Celery
- Tomatoes
- Vegetables including kale, cabbage, parsley, green-leafy vegetables
- Foods high in bromelain (pineapple)
- Foods high in vitamin C (red cabbage, red bell peppers, mandarins, oranges, potatoes)
- Drink fruit juices and purified water (8 glasses of water per day)
- Low-fat dairy products
- Complex carbohydrates (breads, cereals, pasta, rice, as well as aforementioned vegetables and fruits)
- Chocolate, cocoa
- Coffee, tea
- Carbonated beverages
- Essential fatty acids (tuna and salmon, flaxseed, nuts, seeds)

Some Useful Fruits

- Yellow apples
- Apricots
- Yellow figs
- Grapefruit
- Golden kiwifruit
- Lemon
- Mangoes
- Oranges
- Papayas
- Peaches
- Yellow pears
- Pineapples
- Yellow watermelon
- Yellow beets
- Carrots
- Yellow peppers
- Yellow potatoes
- Pumpkin
- Sweet corn
- Sweet potatoes
- Yellow tomatoes
- Papayas has the the highest levels of Beta-cryptoxanthin per serving.

Some Good Veggies

Peppers (yellow Shimla Mirch) and Pumpkins are the vegetables with the highest levels of Beta-cryptoxanthin per serving

About Green Tea

- **Green Tea and Arthritis: Study Conclusion**
- Examination of joint tissue microscopically revealed marginal infiltration of joint cells in mice receiving the green tea in contrast with massive infiltration in the mice not fed green tea. The effect of the green tea appeared dramatic.
- **Point of Interest**
- In many countries such as India, China, and Japan, green tea is regarded as healthful with the potential to prevent certain illnesses. Seemingly, rheumatoid arthritis in these countries exists at a much lower rate than elsewhere around the world and some people believe strongly in the effect of green tea.

About Coffee

A new large-scale study published in the June 2007 issue of *Arthritis Care & Research* examined the relationship between coffee, tea, caffeine intake, and uric acid levels and found that coffee consumption is associated with lower uric acid levels but this appears to be due to components other than caffeine.

About Smoking

Smoking Doubles
the Risk of Severe
Arthritis

About Water

To increase excretion of salts,
dilute urine by increasing fluid
volume to at least 2 lit per 24
hours

About Offals

- Animals eating feed containing brain and spinal cord may show 'mad-cow disease'
- Certain natives of New Guinea who habitually include human brains in their diet showed 'mad-cow disease' like mental condition.

A Uric Acid Quiz

1. Uric acid results from the breakdown of purines?
2. Purines are part of all human tissues and are found in many foods?
3. Gout patients should restrict consuming purine rich foods?
4. It is impossible to eliminate purine from our diet because it is present in all protein foods?
5. Coffee and tea can raise the level of uric acid and provoke a gout attack?

A Uric Acid Quiz

- Drinking water 10-12 glasses daily is recommended to people trying to prevent future gout attack?
- Which food is highest in purine (fish, turkey, red meat)?
- Gout patients should maintain their ideal body weight?
- Patients with high uric acid should eat a diet high in complex carbs (whole grain, veggies)?
- No more than 30% fat (with 10% from animals) should contribute to calorie intake?

References

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